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Capt. Heidi Palmer
940th Civil Engineer Squadron
Beale Air Force Base, Calif.

Courtesy photo

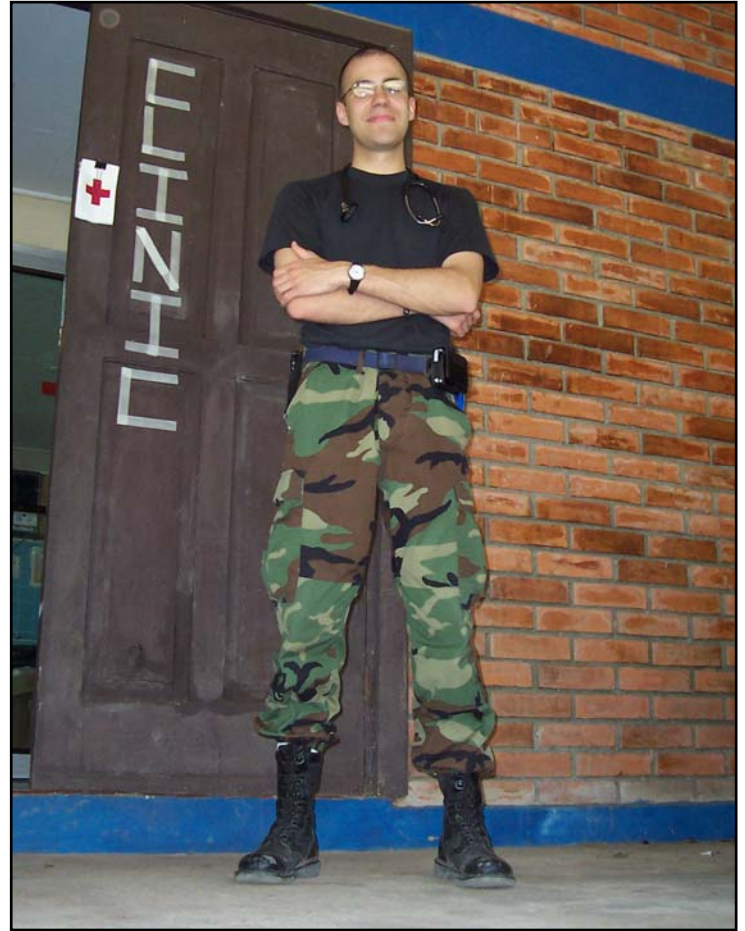


Photo by Staff Sgt. Beth Orlen
Staff Sgt. Matt Walrod
92nd Medical Group
Fairchild Air Force Base, Wash.

JTF says goodbye to friends, colleagues Sunday

By Staff Sgt. Beth Orlen

*New Horizons 2006 – Honduras
Public Affairs*

LA CEIBA, Honduras – Members of New Horizons 2006 – Honduras said goodbye Sunday to two Airmen killed in a car accident outside the city of La Ceiba on March 15.

“We come today to say goodbye to our friends and colleagues,” said Maj. Toney Riley, Joint Task Force “Asegurar el Futuro” (Securing the future) commander, at the ceremony also attended by members of JTF Bravo, the 940th Air Refueling Wing from Beale Air Force Base, Calif., and the Honduran Air Force and Army.

“We will miss them.”

The Airmen killed in the crash were: Capt. Heidi Palmer, 30, a Reservist from the 940th Civil Engineer Squadron at Beale Air Force Base, Calif.; and Staff Sgt. Matthew Walrod, 25, an active-duty independent duty medical

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Air Force medics see thousands during New Horizons MEDRETE

By Capt. Mike Chillstrom

New Horizons 2006-Honduras Public Affairs

LA CEIBA, Honduras – A team of 23 medics from Eglin Air Force Base, Fla., is leading the way on a two-week, four-site Medical Readiness Training Exercise, or MEDRETE, in Honduras.

The MEDRETE is part of New Horizons 2006-Honduras, a joint training exercise between the U.S. military and Honduran government.

Among the first people treated was a man who seriously lacerated his leg and kneecap while cutting brush with a machete.

“There’s a high rate of infection when there’s a deep wound like that,” said Capt. Dale Harrell, nurse practitioner with the 96th Medical Operations Squadron.

The medics cleaned and sutured the man’s wound, but “he probably wouldn’t have had it treated if we hadn’t been there, so it all worked out for the best,” Captain Harrell said.

Most patients, however, have shown up with illnesses endemic to the region.

“We’ve been seeing a lot of upper respiratory infections, intestinal problems and skin conditions,” said Dr. Wilmer Almador, a dentist and Honduran medical liaison officer with Joint Task Force-Bravo’s Medical Element at Soto Cano Air Base, Honduras. “This is normal for this area.”

Every day, hundreds of local villagers line up to be treated.

After they are screened and given preventive health



Photo by Capt. Mike Chillstrom

Capt. Dale Harrell, a nurse practitioner with the New Horizons Medical Readiness Training Exercise team, exams a patient at one of the sites recently.

information, the patients are sent to one of the following specialties: dentistry, pediatrics, internal medicine, family medicine, obstetrics and gynecology, preventative medicine, the optometry technician or pharmacy.

Each area has seen a steady patient load.

For the dental team from Eglin’s 96th Dental Squadron, one common ailment has been tooth decay, and the solution is to extract those teeth.

“A lot of the people have had very limited dental care, if any, in their life,” said Lt. Col. (Dr.) Mark Means, 96th DS dentist.

Overall, the MEDRETE team saw nearly 600 patients at the first MEDRETE site, El Recreo.

The second MEDRETE site, Santa Ana, is a larger neighborhood where more than 1,100 patients were seen in two days.

“In larger communities, we’re seeing more heartburn, gastritis, high blood pressure and arthritis,” said Capt. (Dr.) Corey Massey, emergency medicine physician with the 96th MDOS. “In the smaller communities, we’re seeing more lice and scabies. I wish we could spend even more time in the small towns because they really have nothing.”

The medical teams got their wish this week when they treated patients in the extremely isolated Mosquito Coast region.

The sites are so remote that the Eglin team was the first military group to go there, said Lt. Col. (Dr.) James Van Decar, MEDRETE commander and Eglin’s chief of pediatrics.

“This is definitely a highlight for the physicians because it’s a way to do what you’ve sworn to

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Memorial

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technician with the 92nd Medical Group at Fairchild AFB, Wash.

A third Airman, Chaplain (Capt.) Melvin K. Smith, assigned to Wright Patterson Air Force Base, Ohio, is being treated for serious injuries at Wright Patterson AFB Medical Center.

The Airmen were deployed in support of New Horizons 2006-Honduras, a joint training exercise between the U.S. military and the Honduran government. They were assigned to Joint Task Force.

After the brief ceremony, friends and coworkers gathered around to offer comfort to each other as well as give their personal goodbyes.

"All of us assigned to New Horizons are deeply saddened by the loss of our comrades," said Major Riley. "Our thoughts and prayers go out to the families of the victims."

**Heidi, Matt,
you will be
remembered**

Tool time!



Photo by Staff Sgt. Beth Orlen

Army Sgts. Brett McRoberts and Tim Allen, members of the Ohio National Guard's 189th Engineer Detachment, make repairs to the Honduran laundry station at C. Moncado Air Base, Honduras. The laundry stations are used by the Honduran military forces to wash their clothes by hand. It is one of many projects the detachment is completing on the base.

Medical

From Page 2

do," he said. "Every one of the people who came with me wanted to come – I didn't have to go looking for people for this deployment."

When the exercise is completed in May, the Joint Task Force will have built a maternity clinic, four schools and provided free medical care at 14 different locations throughout Honduras.



Photo by Capt. Mike Chillstrom

Thousands of Honduran patients took advantage of the free medical care at one of four medical readiness training sites.



Air Force News

Airman Battle Uniform finalized, ready for production

WASHINGTON (AFPN) –

The new Airman Battle Uniform is ready for production and will be available in fiscal 2007, said the Air Force deputy chief of staff of personnel.

Many factors were considered in developing the final uniform selection, with the concern for Airmen being at the top of the list, said Brig. Gen Robert R. Allardice.

"We were looking for a uniform that would be easier to maintain," he said. "We wanted to provide a uniform that the Airman wouldn't need to spend a lot of out-of-pocket expenses to maintain."

Also, Airmen's feedback throughout the process was beneficial in adding new pockets on the uniform.

"We listened to the Airmen's request where they wanted pockets to hold small tools and when they wear body armor the existing shirt pockets are not accessible or usable," General Allardice said. "It will have the four pockets on the front of the shirt, and also a small pencil pocket on the left forearm and two pockets on the lower legs. In addition, inside the side pockets and inside of the breast pockets there will be smaller sewn-in pockets to hold small tools, flashlights or cell phones."

The new uniform design is a pixilated tiger stripe with four soft earth tones consisting of tan,



U.S. Air Force photo illustration

The new Airman Battle Uniform.

grey, green and blue.

The ABU will have a permanent crease and will be offered in 50-50 nylon-cotton blend permanent press fabric eliminating the need for winter and summer weight uniforms.

Will the new ABU need to be starched and pressed?

"Absolutely not," he said. "Our uniform requirement is we want a uniform that you wash, pull it out of the dryer, and wear it. This requirement meets the ease and cost effectiveness needs in maintaining a uniform."

He speaks from personal experience and added that in the long run it will save Airmen money on dry cleaning costs.

"I tested this uniform. I wash it, take it right out of the dryer and wear it," General Allardice said. "We don't want people putting an iron to it."

The fit of the uniform was also a concern for Airmen.

"Were making them available in more sizes to fit the body better," he said. "We've taken the time to produce more sizes and tailored them for men and women."

Some other ABU accessory items:

– A tan T-shirt will be worn; Airmen will be required to maintain one tan T-shirt with an Air Force logo on the front and Air Force written on the back.

– Suede cowhide boots in matching green-gray color; like the desert boot these will be polish-free and available in men's and women's sizes.

– The word color for the name, U.S. Air Force, and rank is midnight blue; nametapes and rank insignia background will be tan and will be sewn on using a matching tan color thread.

– The ABU adopts the battle dress uniform hat style for primary use and the floppy hat design will be used in some deployed areas.

"This is the uniform of the future," General Allardice said. "Eventually when enough of these uniforms are manufactured, we will phase out the BDU and desert combat uniforms."

The current projected mandatory wear date for the new ABU is fiscal 2011.

The only thing that needs to be determined is if patches will be worn and the Air Force chief of staff will make that determination soon, General Allardice said.

Learning new ways of doing business in Honduras

By Navy Lt. j.g. Richard Pocholski

New Horizons 2006 – Honduras Engineering Projects Lead Officer

One of the primary missions of Joint Task Force Asegurar el Futuro is to construct four schools and one clinic over the duration of the exercise.

There will be many important lessons learned, and one of the most important is that we depend on the local economy and small businesses to support our construction efforts. We must learn to work with the vendors to lessen the burden on their work force and supply chain.

The short duration and high construction tempo of the mission puts a great demand and strain on the local economy and workforce. The local market is not used to producing the quantity and quality material we require for the projects. As a result, the engineering staff has modified our business tactics.

Over the last few weeks we have developed intimate working relationships with several of our critical vendors in order to learn their strengths, weaknesses and practices. It has developed a sense of cooperation and partnership that will ensure reasonable prices, quality products and on-time delivery.

This way of doing things appears to be the recipe for success in this environment. Persuasion, demands, conflict or the U.S. dollar do not work well as a motivator for local vendors as we learned during the initial weeks of the exercise.

There are other challenges we will deal with, such as tailoring generic design and construction drawings to a specific location, specifying materials the local market can provide, purchasing all the required materials and ensuring timely delivery, and harnessing all the different construction talent and construction



Photo by Staff Sgt. Beth Orlen

A good working relationship with New Horizons 2006 – Honduras critical vendors is essential in the success of building the four schools and one medical clinic.

ideas to ensure it results in a quality product for the local people. The list of challenges that will be overcome can go on forever, but each one will be overcome.

So what does all this mean? Ultimately, it means the efforts of all parties will result in new schools and a new clinic for the local population, better construction practices for the JTF construction crews and a new perspective of business for the JTF engineering staff, as well as for the other members of New Horizons 2006 – Honduras.

The Pico Bonito Times

Editorial Staff

Maj. Toney Riley
Commander

Capt. Mike Chillstrom
Public Affairs Chief

Staff Sgt. Beth Orlen
Editor

Submissions or questions can be directed to the Public Affairs office, PSC 42, New Horizons – Honduras, APO AA 34042, 011-540-902-3771.

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All photographs are Air Force photographs unless otherwise indicated.

Explore Honduras

Mayan ruins information to Honduran past

The **Copán** Ruins are located in the western part of Honduras, about 60 kilometers from the border with Guatemala.

This magnificent park, located in the Copán Valley, has been a major source of information regarding the ancient Maya civilization.

It was declared a heritage of humanity site in 1980 by UNESCO, and continuous study of the city by archaeologists for over a century make it the most studied city of the Maya.

The principal attractions are the main park, "Las Sepulturas," "Los Sapos," the stelae surrounding the valley and the two museums: the Museum of Archaeology, located in the town and the Museum of Maya Sculpture, located within the Visitors Center area of the Park.

The Main Park

Entrance fee is now the equivalent to \$10 and includes a visit to the main park as well as the Sepulturas Archaeological site.

The fee for the new Museum of Mayan Sculpture is \$5 or its equivalent. Finally, the Museum of Archaeology, located downtown has an entrance fee of \$2.



Courtesy photo

Carvings like this one are throughout the ruins.

The park has four basic areas of interest:

– The Ball Court.

Considered the social center of the city. This park is by far the most artistic ball court in Meso-America. Unique to it are the markers on the side walls, resembling macaw heads.

– The Great Plaza.

Famous for its stelae and altars that are scattered around this immense plaza. Most of the stelae that are standing today were erected during the times of the 13th ruler, known as 18 Rabbit between the years 711 and 736.

– The Hieroglyphic Stairway. This unique temple holds the longest known text left to us by the ancient Maya civilization. It was erected by ruler number

15, known as Smoke-Shell and is believed to be a lineage tree, recording the ascension and death of all Copán rulers from Yax-Kuk-Mo to Smoke-Shell.

– The Acropolis. The acropolis is divided in two big plazas: the west court and the east court. The west court houses temple 11 and temple 16 with the unique altar Q set at its base.

Getting there

The main airport serving the **Copán** area is the San Pedro Sula International Airport. Once in San Pedro Sula, your best bet is to purchase a tour package through one of the Honduran tour operators in San Pedro Sula or taking advantage of fairly good direct bus service that operates regularly.

Spanish 101

Enjoy your time off without saying, "No hablo español."



Photo by Staff Sgt. Beth Orlen

At the beach

Where is the nearest beach?

¿Dónde está la playa más cercana?

Is the water safe to swim in?

¿Es el agua segura de nadar adentro?

How deep is the water here?

¿Cómo profunda es el agua aquí?

Are there any dangerous water currents?

¿Hay corrientes peligrosas del agua?

Is there a lifeguard on duty?

¿Hay un salvavidas en deber?

Is there a place for me to rinse off?

¿Hay un lugar para que aclare apagado?

Is there a place to take diving lessons?

¿Hay un lugar para tomar lecciones del salto de la escafandra autónoma?

How much does it cost to scuba dive?

¿Cuánto cuesta a la zambullida de la escafandra autónoma?

Does that include all of the scuba diving equipment?

¿Eso incluye todo el equipo de salto de la escafandra autónoma?

How long does the diving trip take?

¿Cuanto tiempo el viaje del salto de la escafandra autónoma toma?

Do you rent snorkeling equipment?

¿Usted alquila buceo con tubo equipo?

How long can I rent the equipment for?

¿Cuanto tiempo puedo alquilar el equipo para?

Where can I buy sunscreen/swimsuits/towels?

¿Dónde puedo comprar crema protectora del sol/los juegos/las toallas de la natación?

Camera questions

Where can I develop my film?

¿Dónde puedo desarrollar mi película?

I would like to buy color film.

Quisiera comprar la película del color.
Please develop this film.

Revele esta película, por favor.

I would like double prints, please.

Quisiera impresiones dobles, por favor.

When can I pick my photographs up?

¿Cuándo puedo tomar mis fotografías?

I would like to buy a battery for my camera.

Quisiera comprar una batería para mi cámara fotográfica.

Do you have any disposable cameras?

¿Usted tiene cámaras fotográficas disponibles?